



患者教育

耳鼻喉科/頭頸外科中心



咽喉癌

瞭解您的診斷結果

《頭頸部癌症治療指引》中本部份解釋了喉和食道的功能，並提供了關於癌症的基本資訊。

您近期的診斷結果顯示，您患有咽喉癌。本部分包括如下內容：喉和食道物理特徵的描述以及癌症的定義。本資訊旨在協助您瞭解您的診斷結果。

喉和食道

喉

喉亦稱為「喉頭」，長約 2 英吋，形狀猶如空心管。我們透過喉進行呼吸、說話和吞嚥。

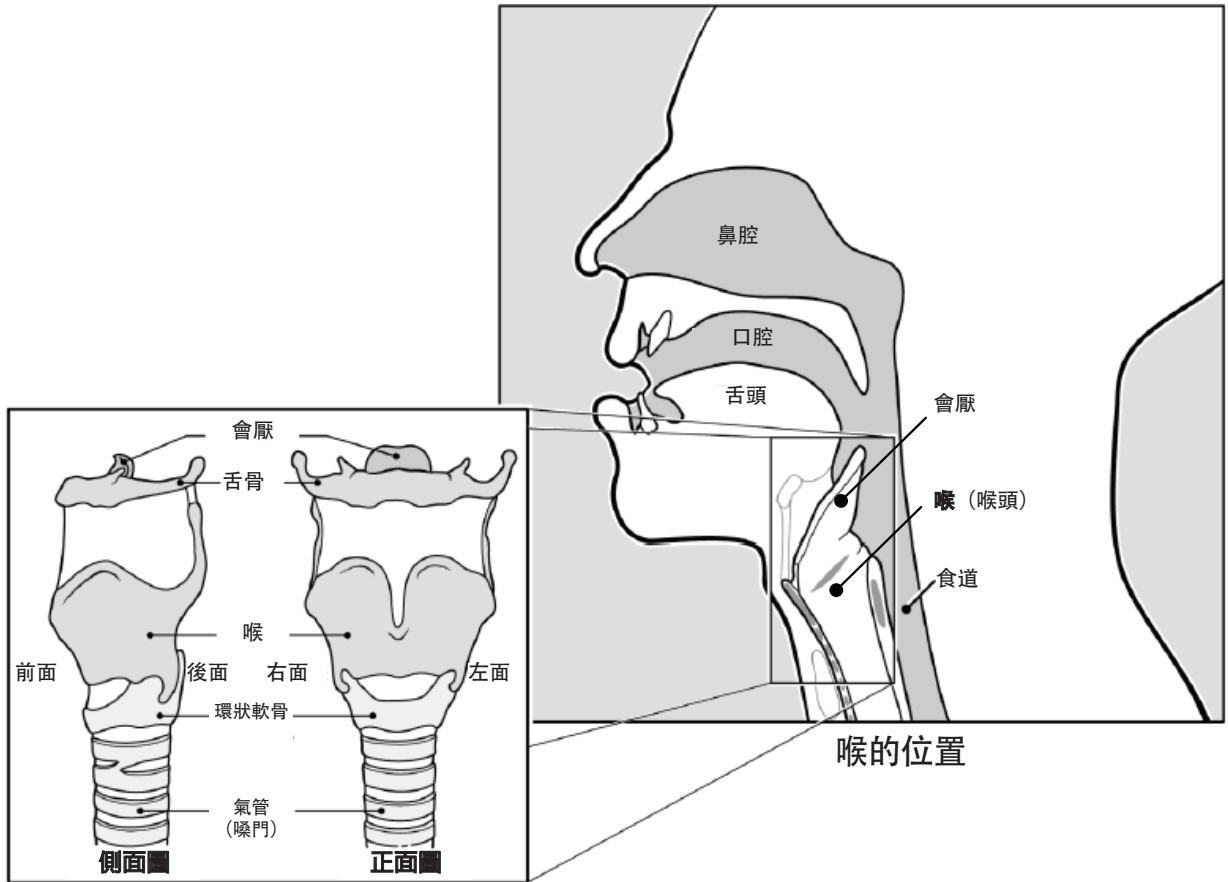
喉位於氣管（嗓門）頂部。喉壁由軟骨構成，軟骨是一種有彈性、但是很堅韌的身體組織。聲帶是成「V」型的兩個肌束，位於喉內。

當我們吸氣和呼氣時，聲帶放鬆。這樣，空氣便可以輕鬆進出我們的氣道。當我們說話時，聲帶拉緊，從肺部沖出的氣流被迫通過聲門，引起振動，從而使我們發聲。最後，在舌頭、牙齒和嘴唇的共同作用下，這個聲音被轉化成語音。

食道

食道位於喉和氣管後面。正是此管將食物從口腔輸送到胃中。

喉口和食道口距離非常近。當我們吞嚥時，被稱為「會厭」的扁平狀組織會覆蓋喉部。這樣可以防止食物進入我們的氣道中。



喉及其他臨近結構

什麼是癌症？

當正常細胞發生變化並且生長失控時，便會變成癌細胞，進而形成癌症。癌症的類型是根據癌細胞的種類以及癌細胞在體內被發現的位置來定義的。

通常，我們的身體僅在其有所需求時才會製造新細胞。當我們的身體產生異常細胞時，大量的多餘組織便會形成。這些多餘組織被稱為「腫瘤」或「腫塊」。這種腫瘤可能是**良性腫瘤**，也可能是**惡性腫瘤**。

- **良性腫瘤**不是癌症。通常，它不會擴散至身體的其他部位。
- **惡性腫瘤**由癌細胞構成。它會侵襲健康的組織和器官。它破壞健康的組織，進入血流和淋巴系統中，並擴散至身體的其他部位。

有疑問嗎？

請撥 206-598-4022

您的問題非常重要。如果您有任何疑問或疑慮，請致電您的醫師或醫療服務人員。此外，UWMC 全體員工隨時可以為您提供協助。

☐ **UWMC 耳鼻喉科 – 頭頸外科中心**
206-598-4022
3rd floor, UWMC
Box 356161
1959 N.E. Pacific St.
Seattle, WA 98195

☐ **位於 Ninth & Jefferson 的 HMC 耳鼻喉科專科診所**
206-744-3770
Box 359803
908 Jefferson St.
Seattle, WA 98104

喉癌

當喉部區域的細胞出現異常生長並形成腫塊或腫瘤時，便會形成咽喉癌（喉癌）。喉癌可在會厭處出現，亦可在聲帶上面或下面出現。

如果癌症擴散至喉外，則它常常會擴散至頸部的淋巴結。另外，它亦可擴散至頭頸部位內的其他區域以及肺臟。

喉癌的症狀

喉癌的症狀包括：

- 聲音嘶啞或音質發生變化
- 持續咳嗽
- 感覺喉嚨裡有腫塊

較大的腫瘤可能會導致：

- 咽喉疼痛
- 吞嚥食物和流體困難
- 體重減輕

聲帶上面的腫瘤可能會導致：

- 頸部腫塊
- 咽喉疼痛
- 耳痛

聲帶下面的腫瘤可能會導致：

- 呼吸困難（因氣道變窄而致）

喉癌的症狀包括

華盛頓大學醫學中心 (University of Washington Medical Center, 簡稱 UWMC) 患者服務部

- 在工作日早上 8:00 至下午 5:00，請撥 206-598-4022 聯絡耳鼻喉科 – 頭頸外科中心。
- 在工作時間以外及週末和節假日，請撥 206-598-6190，聯絡當值的耳鼻喉科住院醫師。

哈柏維烏醫學中心 (Harborview Medical Center, 簡稱 HMC) 患者服務部

- 在工作日早上 8:00 至下午 4:30，請撥 206-744-3770。
- 在工作時間以外及週末和節假日，請撥 206-744-3000，聯絡當值的耳鼻喉科住院醫師。

UW Medicine

UNIVERSITY OF WASHINGTON
MEDICAL CENTER



**UWMC Otolaryngology/
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Box 356161
1959 N.E. Pacific St. Seattle, WA 98195
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Cancer of the Larynx

Understanding your diagnosis

This section of the Guide to Your Head and Neck Cancer Treatment explains the function of the larynx and esophagus, and gives basic information about cancer.

You have recently been diagnosed with cancer of the larynx. Included in this section are physical descriptions of the larynx and esophagus, and a definition of cancer. The purpose of this information is to help you understand your diagnosis.

The Larynx and the Esophagus

Larynx

The *larynx*, also called the voice box, is about 2 inches long and shaped like a hollow tube. We use the larynx when we breathe, talk, and swallow.

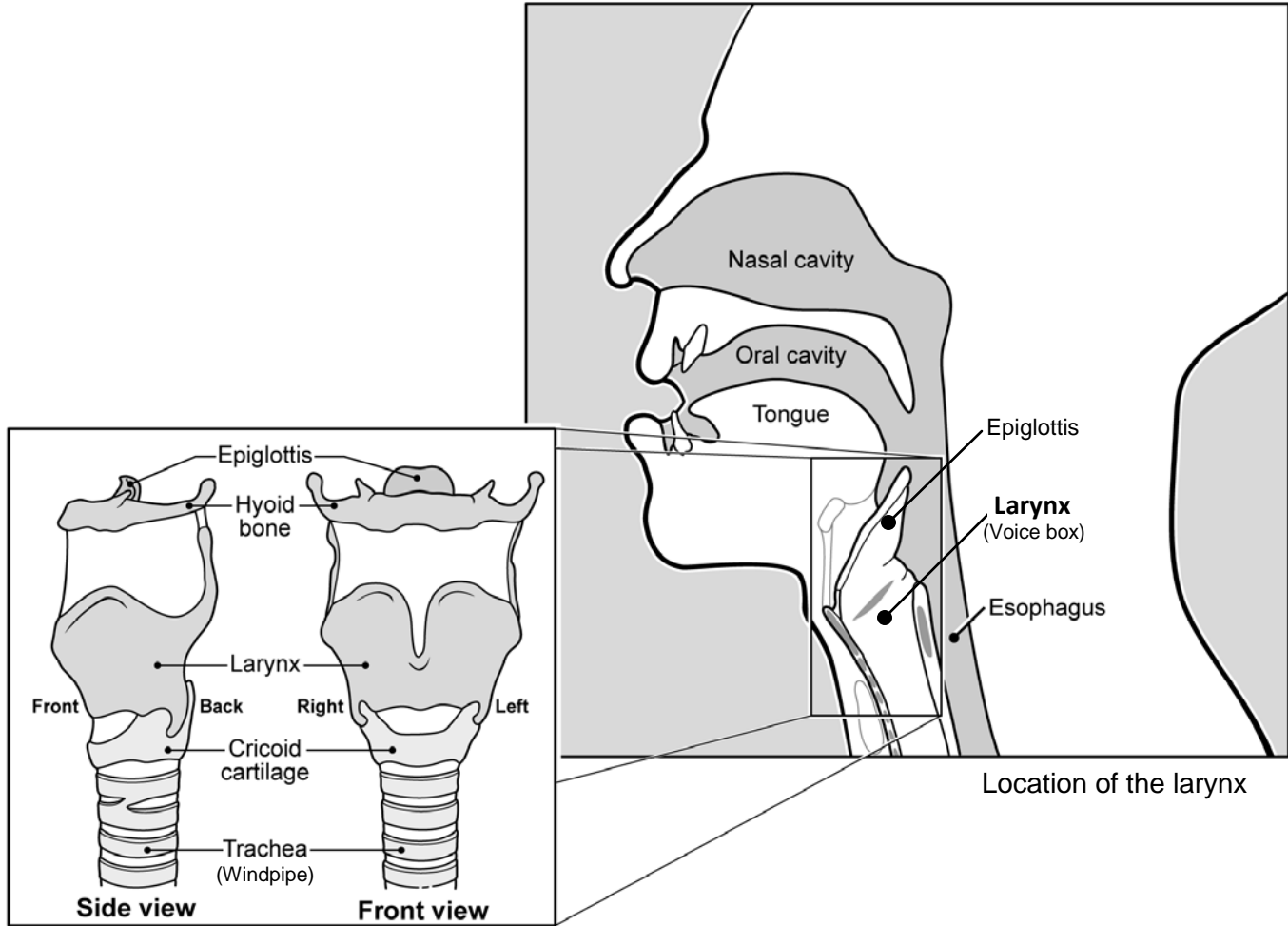
The larynx is at the top of the *trachea* (windpipe). Its walls are made of *cartilage*, a flexible but firm type of body tissue. The vocal cords, which are 2 bands of muscle in the shape of a “V,” are inside the larynx.

When we breathe in and out, the vocal cords are relaxed. This allows air to pass easily in and out of our airway. When we talk, the vocal cords tighten and vibrate as air from the lungs is forced through the opening. This produces the sound of our voice. The tongue, teeth, and lips form this sound into words.

Esophagus

The *esophagus* is behind the larynx and trachea. It is the tube that carries food from the mouth to the stomach.

The openings of the larynx and esophagus are very close together. A flap of tissue called the *epiglottis* covers the larynx when we swallow. This keeps food from going into our airway.



The larynx and other nearby structures

What is cancer?

Cancer occurs when normal cells change and grow in a way that cannot be controlled, becoming cancer cells. The type of cancer is defined by the kind of cancer cell and where it is found within the body.

Our bodies usually create new cells only when our body needs them. When our body makes abnormal cells, a *mass* of excess tissue forms. This is called a *growth* or *tumor*. This growth can be *benign* or *malignant*.

- A **benign** tumor is not cancer. It usually will not spread to other parts of the body.
- A **malignant** tumor is made of cancer cells. It invades healthy tissue and organs. It can destroy healthy tissue, enter the bloodstream and lymphatic system, and spread to other parts of the body.

Questions?

Call 206-598-4022

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC staff are also available to help.

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Otolaryngology –
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Laryngeal Cancer

Cancer of the larynx (*laryngeal cancer*) occurs when an abnormal growth of cells in the larynx area forms a mass or tumor. It can form either at the epiglottis or above or below the vocal cords.

If the cancer spreads outside the larynx, it often goes to the lymph nodes in the neck. It can also spread to other areas within the head and neck area and the lungs.

Symptoms of Laryngeal Cancer

Symptoms of laryngeal cancer include:

- Hoarse voice or change in voice quality
- Ongoing cough
- Feeling of having a lump in the throat

A larger tumor can cause:

- Throat pain
- Difficulty swallowing food and fluids
- Weight loss

A tumor above the vocal cords can cause:

- A lump at the neck
- Sore throat
- Earache

A tumor below the vocal cords can cause:

- Difficulty with breathing (caused by narrowing of the airway)

Contact Information

University of Washington Medical Center (UWMC) Patients

- Weekdays from 8 a.m. to 5 p.m., call the Otolaryngology – Head and Neck Surgery Center at 206-598-4022.
- After hours and on weekends and holidays, call 206-598-6190 and ask for the Otolaryngology resident on call to be paged.

Harborview Medical Center (HMC) Patients

- Weekdays from 8 a.m. to 4:30 p.m., call 206-744-3770.
- After hours and on weekends and holidays, call 206-744-3000 and ask for the Otolaryngology resident on call to be paged.

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